



## **Healthy Schools Grow Healthy Kids: A Coordinated School Health Program**

The New Jersey Department of Education (NJDOE) in partnership with the Department of Health and Senior Services (NJDHSS) receives funding under a five-year cooperative agreement with the Centers for Disease Control and Prevention (CDC) to improve the health and educational outcomes of young people and prepare them to be healthy adults.

The vision of the Healthy Schools Grow Healthy Kids program is that all New Jersey children will be healthy and ready to learn in a school environment that supports wellness and offers opportunities for healthy choices.

The Healthy Schools Grow Healthy Kids program promotes the use of the CDC's Coordinated School Health (CSH) Model, which uses a school-level wellness team or wellness council to assess the strengths and weaknesses of the school's health and wellness policy. Participating schools have developed action plans that include nutritional instruction, fruits and vegetables taste testing activities, and healthy family events. Other activities promote increased opportunities for activity during physical education and staff wellness events.



From mid-January through February 2012, the Healthy Schools Grow Healthy Kids Program is sponsoring eight school-based motivational assemblies conducted by four-time New Jersey Olympic track star, Joetta Clark Diggs. Mrs. Diggs, whose Olympic career spanned three decades, founded the Joetta Clark Diggs Sports Foundation in 2002. Through the foundation she developed the Head 2 Toe Fitness Program dedicated to helping children embrace fitness and wellness.

During the elementary, middle and high school assemblies, Mrs. Clark Diggs introduces health and wellness concepts, and shares her personal experience as an Olympian and her "P" Principals for Success: Purpose, Prepare, Patience, Perturbed and Persevere.

On January 18, Mrs. Clark Diggs met with students assembled at Halsted Street Middle School in Newton. Future assemblies will be held at Perth Amboy High School (February 13), Egg Harbor City Community School (February 14), Trenton Central HS (February 22), and Broad Street Elementary in Bridgeton (February 29).